



Knee Clinical Examination Station

Sticker

- This patient has pain in the right knee.
- Examine his knee.

Item	Procedure	Weight	Marks
Opening	• Introduction, Privacy, Permission & Exposure	2	
Look	• Deformity and Extra	1	
	• Skin, Muscle bulk, bony landmarks	1	
	• Back of knee	1	
Feel	• Tenderness (General, Localized): Quadriceps, Patella, Patellar tendon, Tibial tuberosity, Origin, and insertion of collateral ligaments	2	
	• Joint-line tenderness, medial and lateral	1	
	• Temperature: compare R & L, distal & proximal	1	
	• Back of knee, baker's cyst and tenderness	1	
Move	• Active first: General screening for pain, then passive	1	
	• Flexion & Extension	1	
Special Tests	• Effusion: Milking <u>OR</u> Patellar Tap	2	
	• Collateral Ligaments: Varus and Valgus stress at 30 degree	2	
	• ACL & PCL: Lachmann <u>OR</u> Drawer test <u>OR</u> Pivot Shift test	1	
	• PCL: Drawer test <u>OR</u> posterior Sag test	1	
	• Meniscus: McMurry's test <u>OR</u> Medial & Lateral joint tenderness	2	
	• Patellar test: Patellar Tracking <u>OR</u> Patellar Grinding	1	
Overall	• Attitude with patient	1	
Total Marks		22	

Examiner Name:

Signature: